

NOTE:
Please read all instructions
carefully before using this
product

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Model
WM 1403

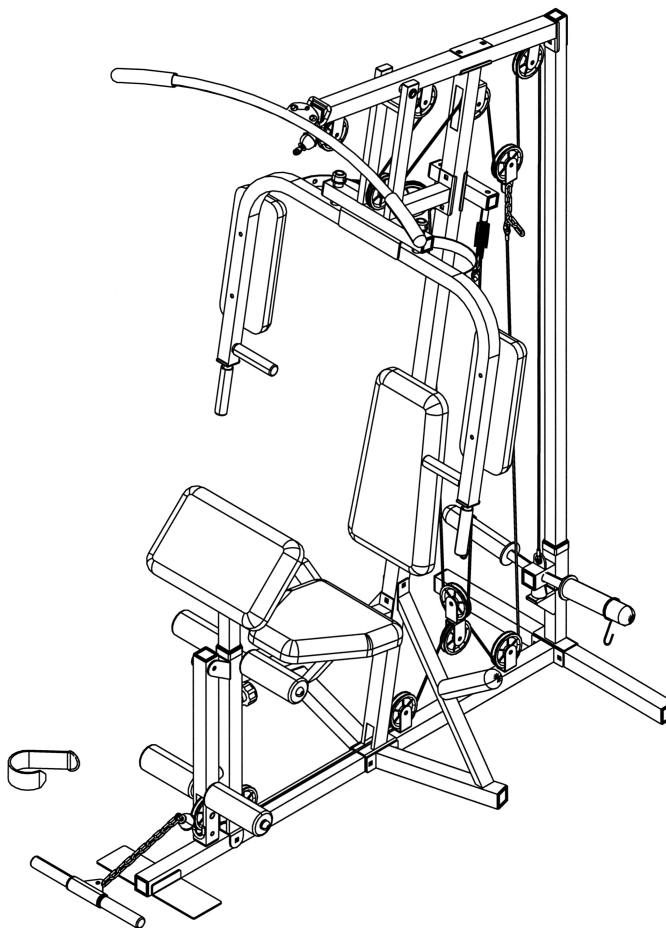
Retain This
Manual for
Reference

06-19-02

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

POWERHOUSE HOME GYM WM 1403



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE WM1403 HOME GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



M6

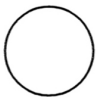


M8

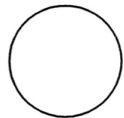


M10

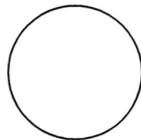
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

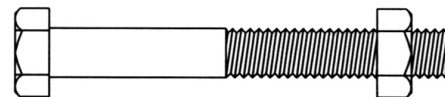
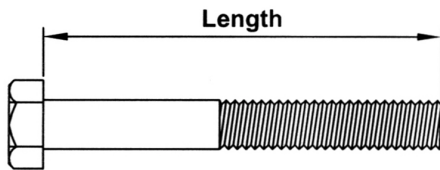
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

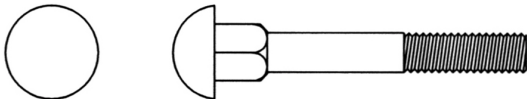


1-800-999-8899

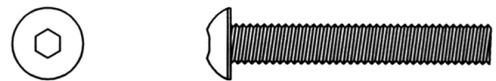
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

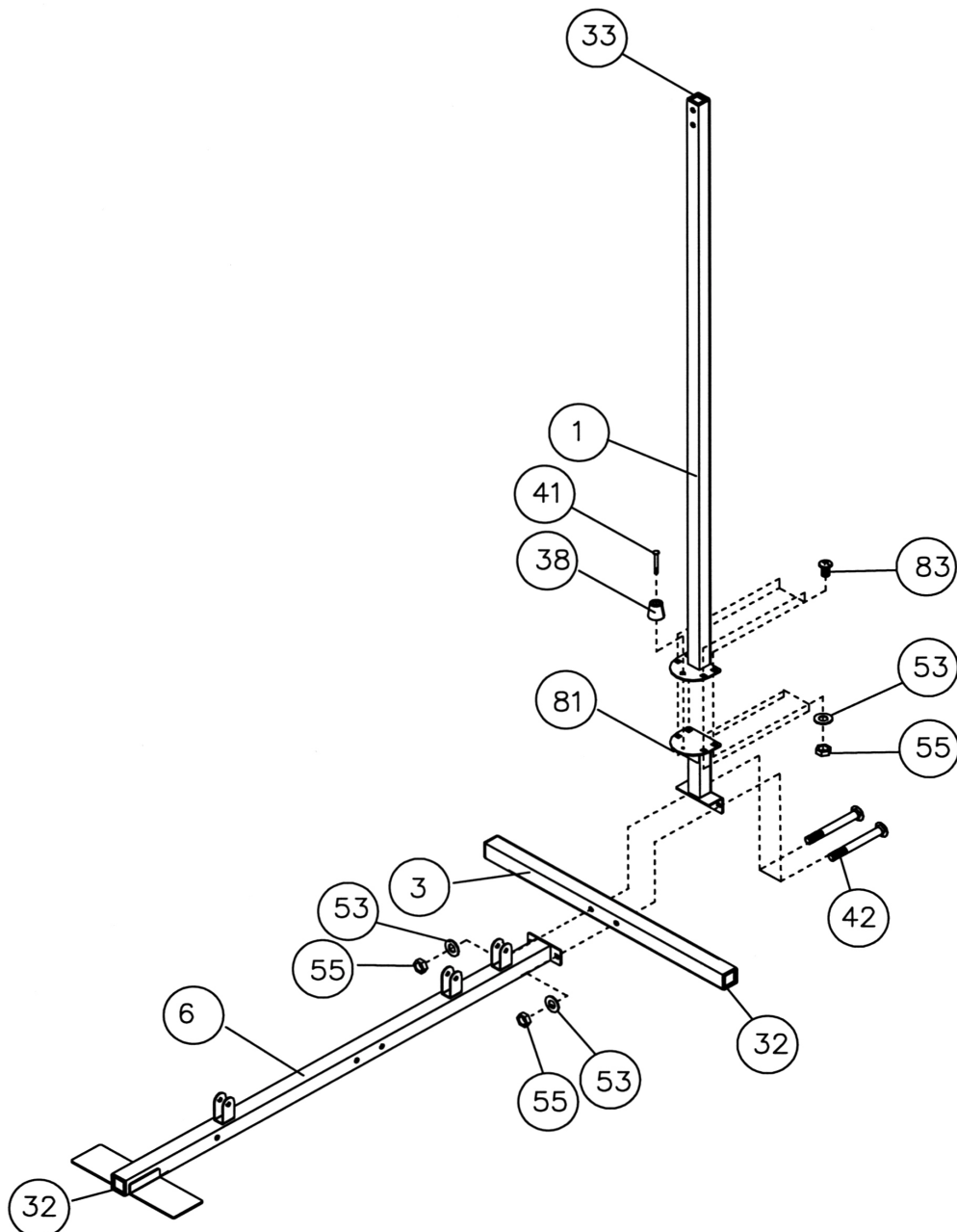
Tools Required Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Flat Head Screwdriver.

NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Connect the Main Base Frame (#6) and Rear Lower Vertical Beam (#81) to the Rear Stabilizer (#3). Align the holes then secure them with two M10 x 2 1/2" Carriage Bolts (#42), two \varnothing 3/4" Washers (#53), and two M10 Aircraft Nuts (#55).
- B.) Attach the Rear Upper Vertical Beam (#1) to the Rear Lower Vertical Beam (#81). Secure it with four M10 x 3/4" Carriage Bolts (#83), \varnothing 3/4" Washers (#53), and M10 Aircraft Nuts (#55).
- C.) Attach the Rubber Bumper (#38) to the Rear Upper Vertical Beam (#1). Secure it with one M6 x 5/8" Philips Screw (#41).

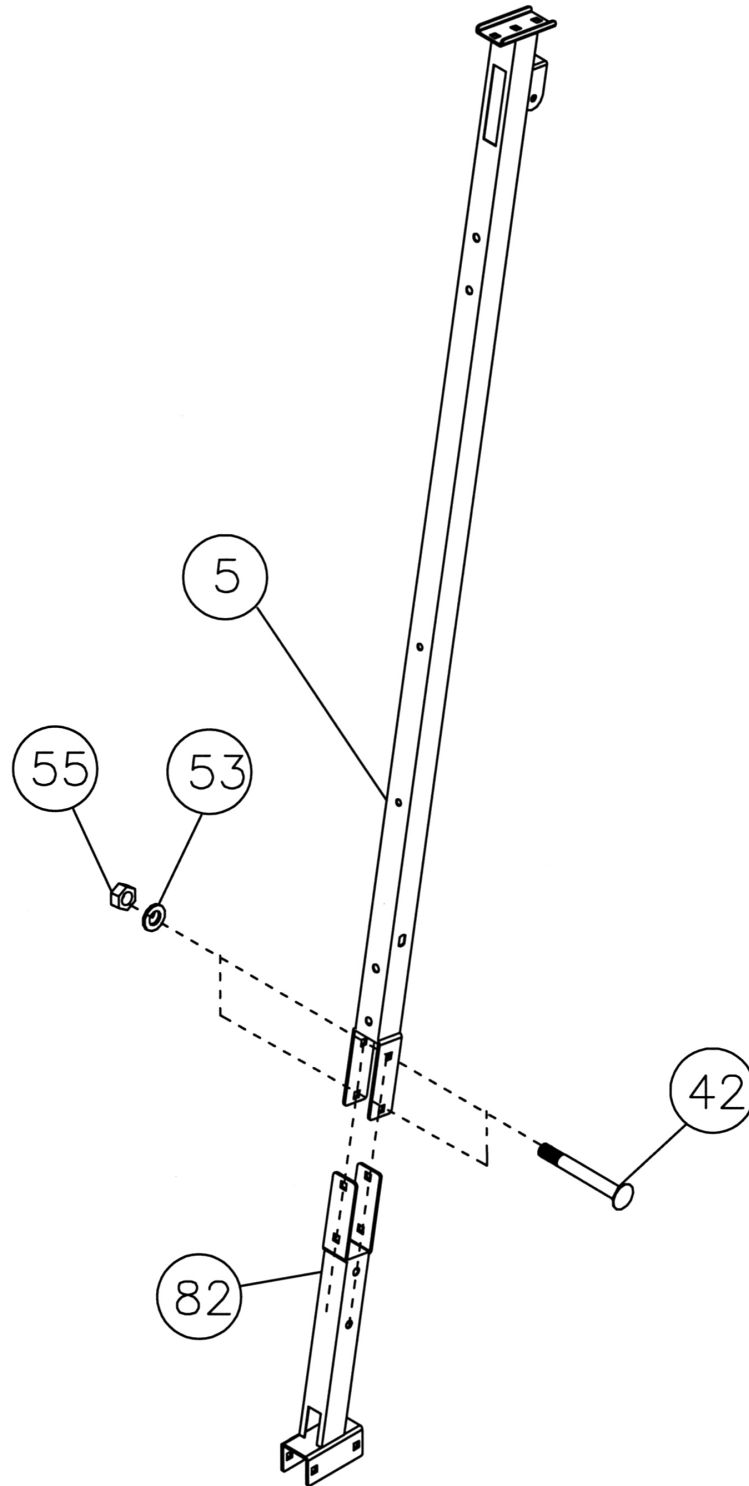
DIAGRAM 1



STEP 2 (See Diagram 2)

A.) Attach the Front Upper Vertical Beam (#5) to the Front Lower Vertical Beam (#82). Secure it with two M10 x 2 1/2" Carriage Bolts (#42), \varnothing 3/4" Washers (#53), and M10 Aircraft Nuts (#55).

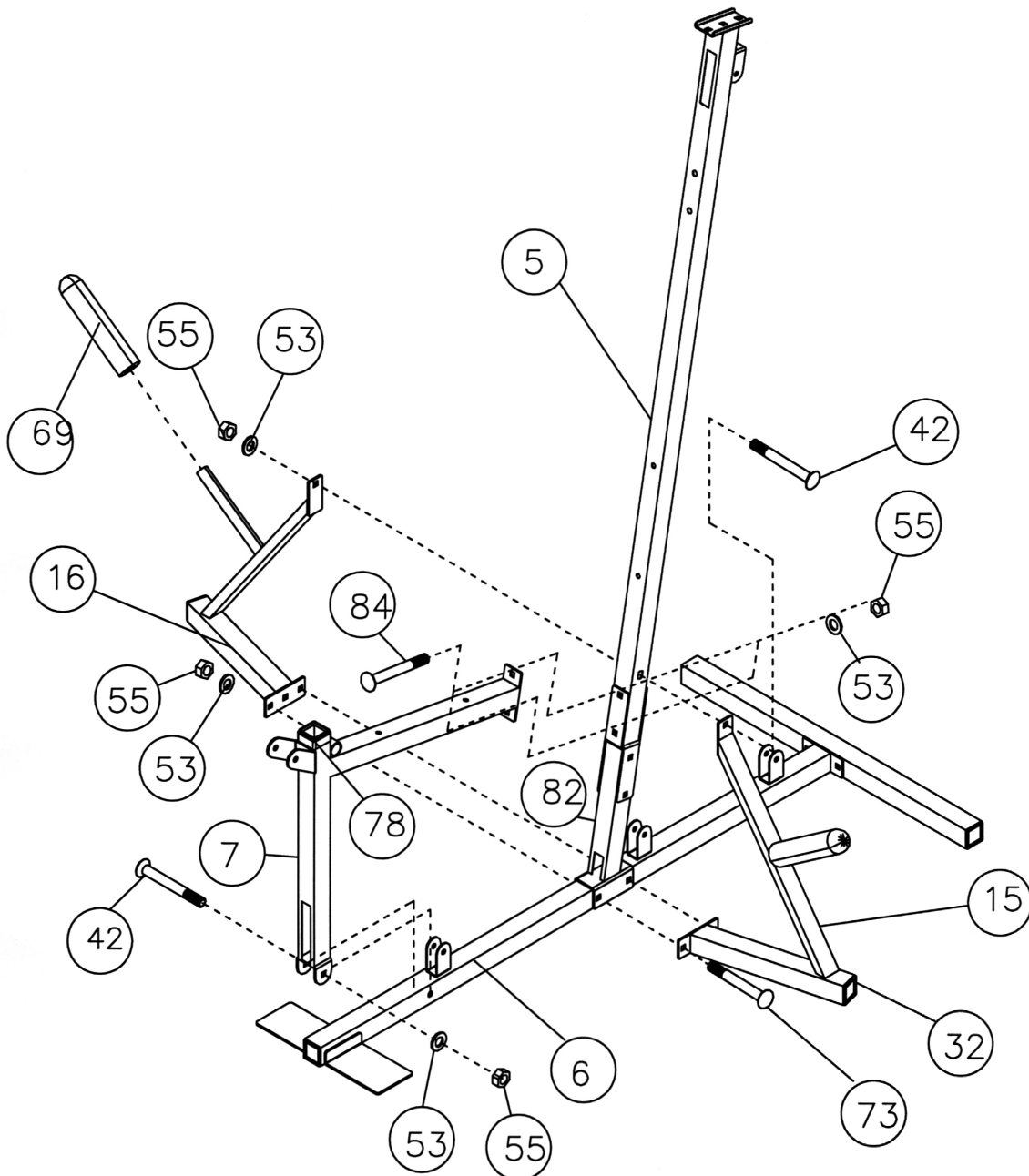
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Front Lower Vertical Beam (#82), both Left and Right Storage Posts (#15) & (#16) to the Main Base Frame (#6). Secure them together with two M10 x 3" Carriage Bolts (#73), $\varnothing \frac{3}{4}$ " Washers (#53) and M10 Aircraft Nuts (#55). Do not tighten the nuts and bolts yet.
- B.) Secure the upper portion of Left & Right Storage Posts to the Front Vertical Beam (#5) with one M10 x 2 1/2" Carriage Bolt (#42), $\varnothing \frac{3}{4}$ " Washer (#53), and M10 Aircraft Nut (#55).
- C.) Attach the bottom of the Main Seat Support (#7) to the Main Base Frame (#6). Secure it with one M10 x 2 1/2" Carriage Bolt (#42), $\varnothing \frac{3}{4}$ " Washer (#53), and M10 Aircraft Nut (#55).
- D.) Attach the Main Seat Support (#7) to the Vertical Beams (#5). Secure it with two M10 x 2 3/4" Carriage Bolts (#84), $\varnothing \frac{3}{4}$ " Washers (#53), and M10 Aircraft Nuts (#55).
- E.) Attach two Olympic Sleeves (#69) to both Left & Right Storage Posts.
- F.) Securely tighten all nuts and bolts previously installed.

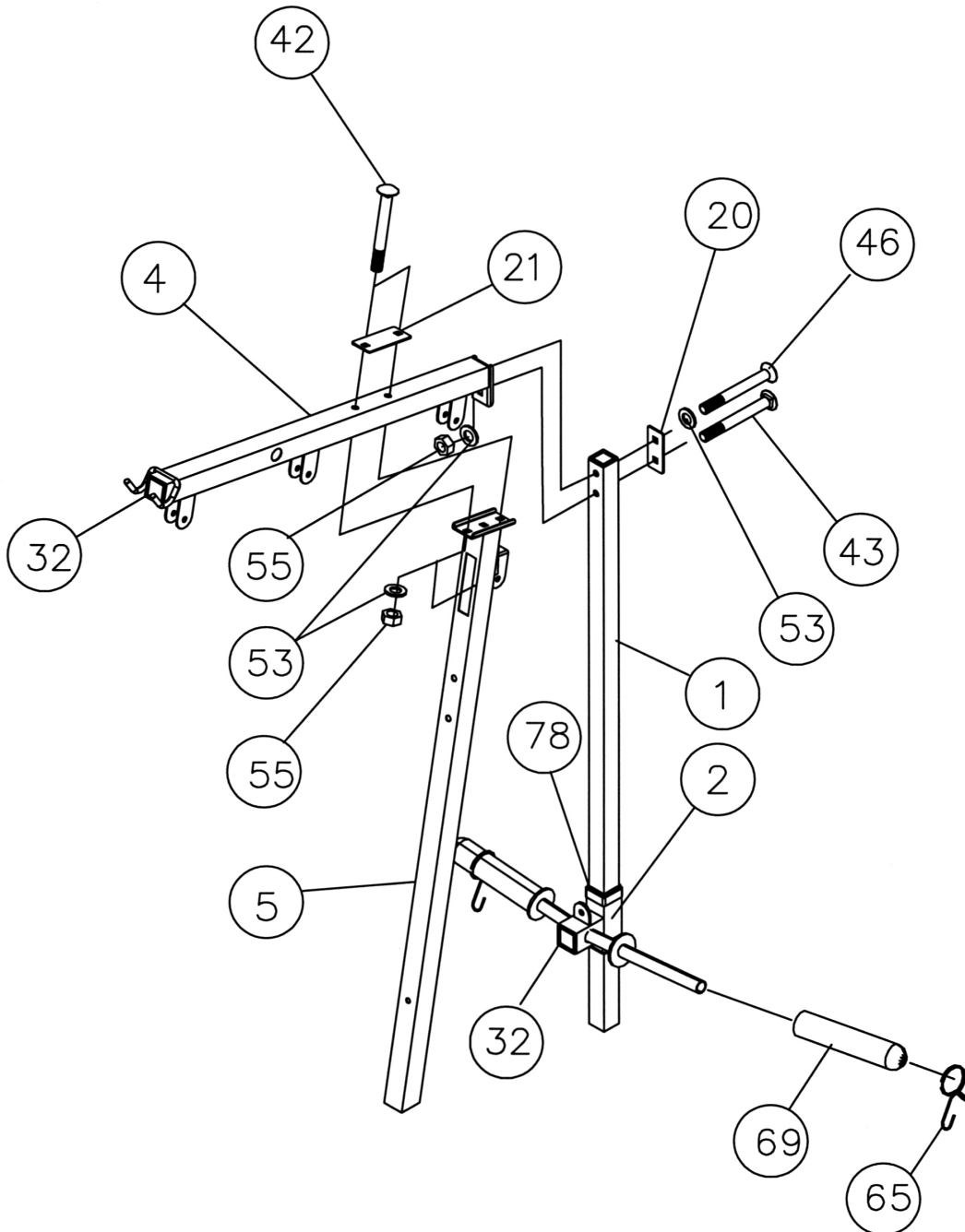
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Slide the Weight Holder (#2) onto the Rear Vertical Beam (#1) from the top.
- B.) Attach the rear end of Upper Frame (#4) to the Rear Upper Vertical Beam (#1). Secure the upper hole with a Small Bracket (#20), M10 x 2 3/8" Allen Bolt (#46), and $\text{\O} 3/4$ " Washer (#53). Secure the bottom hole with a M10 x 2 3/8" Carriage Bolt (#43), $\text{\O} 3/4$ " Washer (#53) and M10 Aircraft Nut (#55).
- C.) Place the Upper Frame (#4) on top of the Front Upper Vertical Beam (#5). Align the holes and secure it with one Bracket (#21), two M10 x 2 1/2" Carriage Bolts (#42), two $\text{\O} 3/4$ " Washers (#53), and two M10 Aircraft Nuts (#55).
- D.) Slide two Olympic Sleeves (#69) onto the Weight Holder (#2). Attach two Spring Clips (#65) to the Olympic Sleeves.

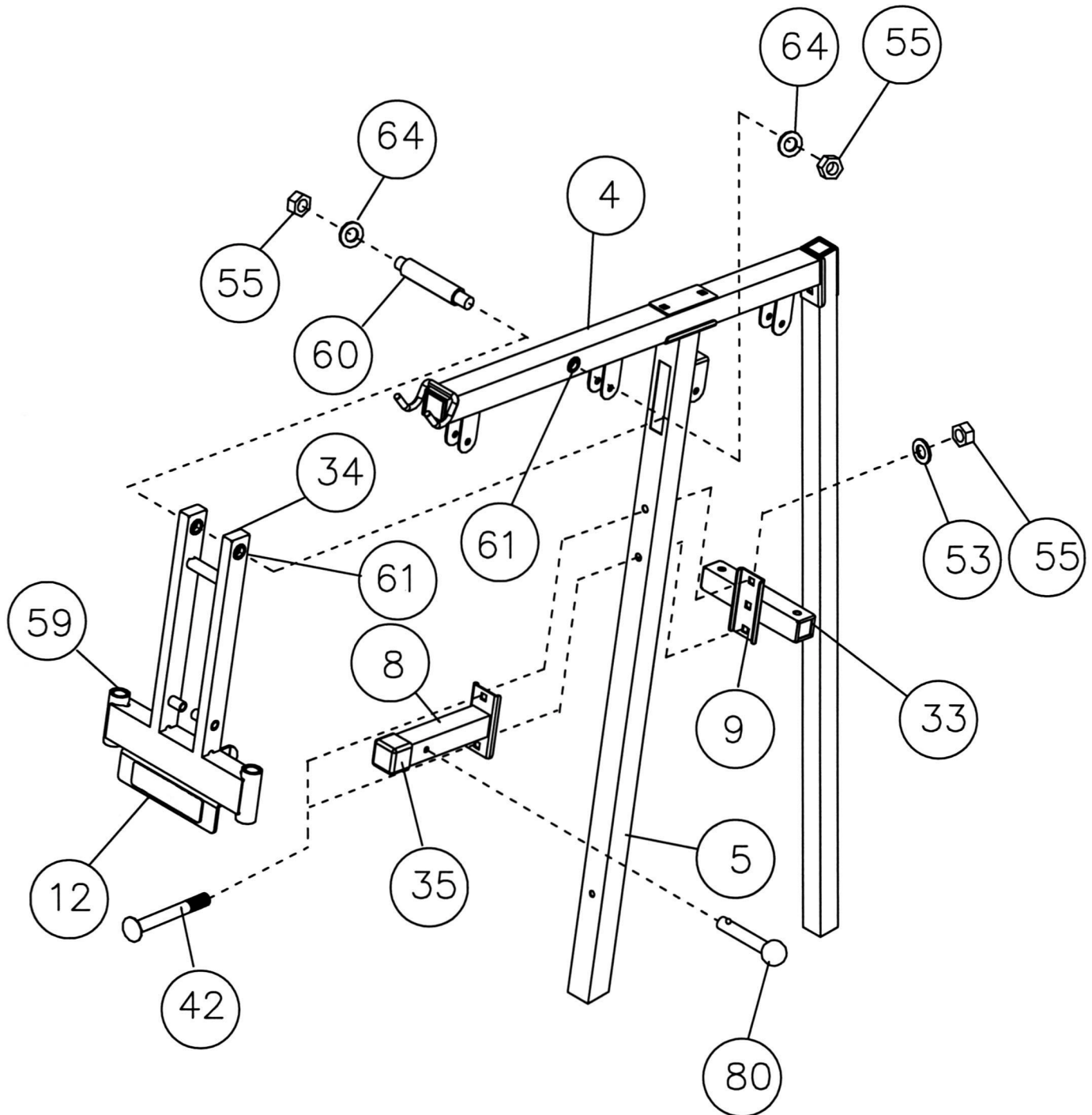
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Front Press Base (#12) to the Upper Frame (#4). Secure it with one 5 7/8" Axle (#60), two \varnothing 1" Axle Washers (#64), and two M10 Aircraft Nuts (#55). Do not over tighten the nuts. Make sure the Base is able to swivel.
- B.) Attach the Front Press Stopper (#8) and Butterfly Pulley Frame (#9) to the Front Upper Vertical Beam (#5). Align the holes and secure them together with two M10 x 2 1/2" Carriage Bolts (#42), \varnothing 3/4" Washers (#53) and M10 Aircraft Nuts (#55).
- C.) Insert the Lock Pin (#80) into the hole on the Front Press Stopper (#8) to lock the Base in place. Note: Remove the Pin when doing Front Press exercise. Lock the pin when doing Butterfly exercise.

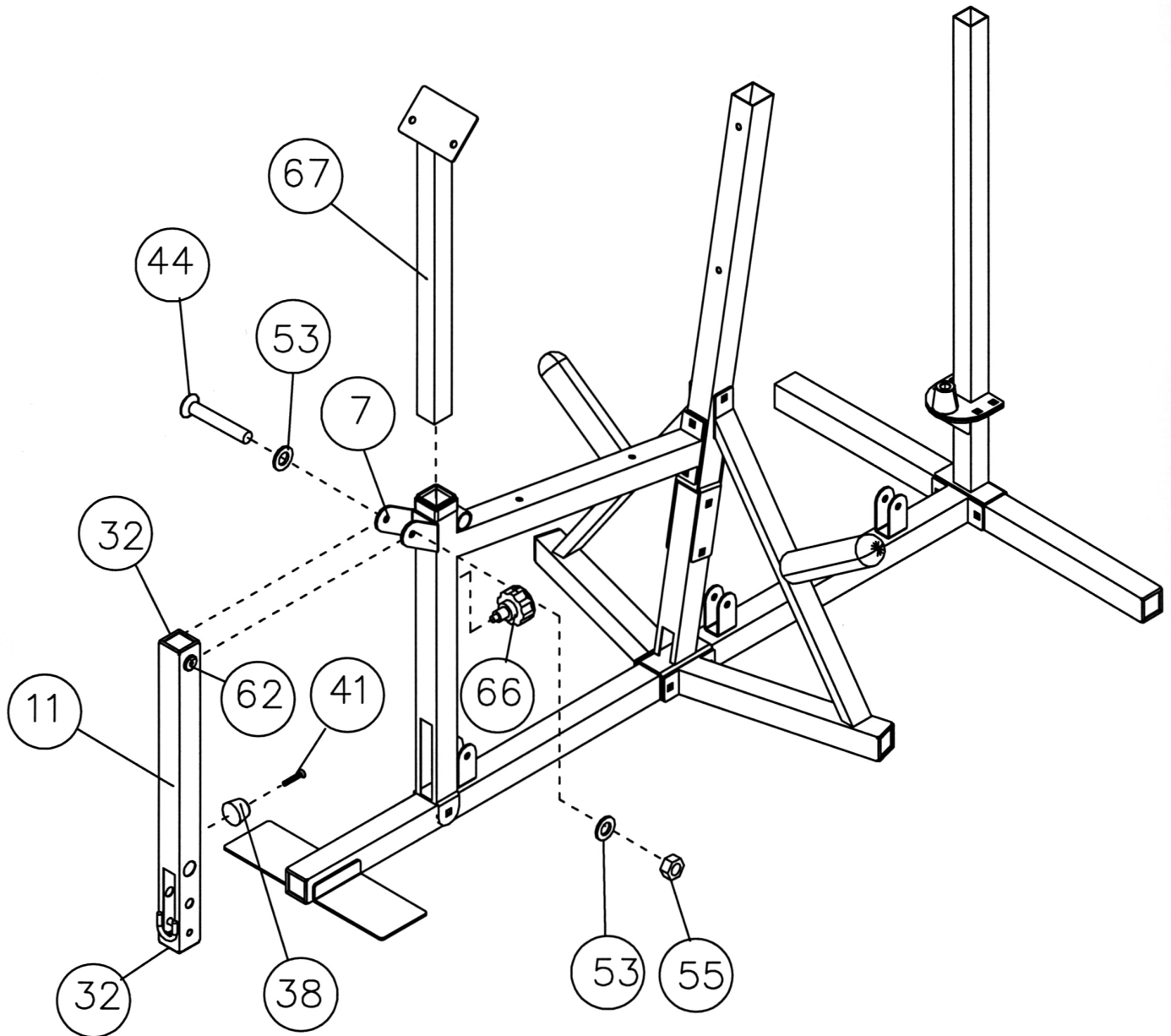
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Attach a Rubber Bumper (#38) to the Leg Developer (#11). Secure it with one M6 x 5/8" Philips Screw (#41). Attach the Leg Developer to the bracket on the Main Seat Support (#7). Secure it with one M10 x 3" Allen Bolt (#44), two \varnothing 3/4" Washers (#53), and one M10 Aircraft Nut (#55).
- B.) Insert the Arm Curl Stand (#67) into the top opening on the Main Seat Support. Use a Lock Knob (#66) to secure it and obtain the desired Arm Curl exercise position.

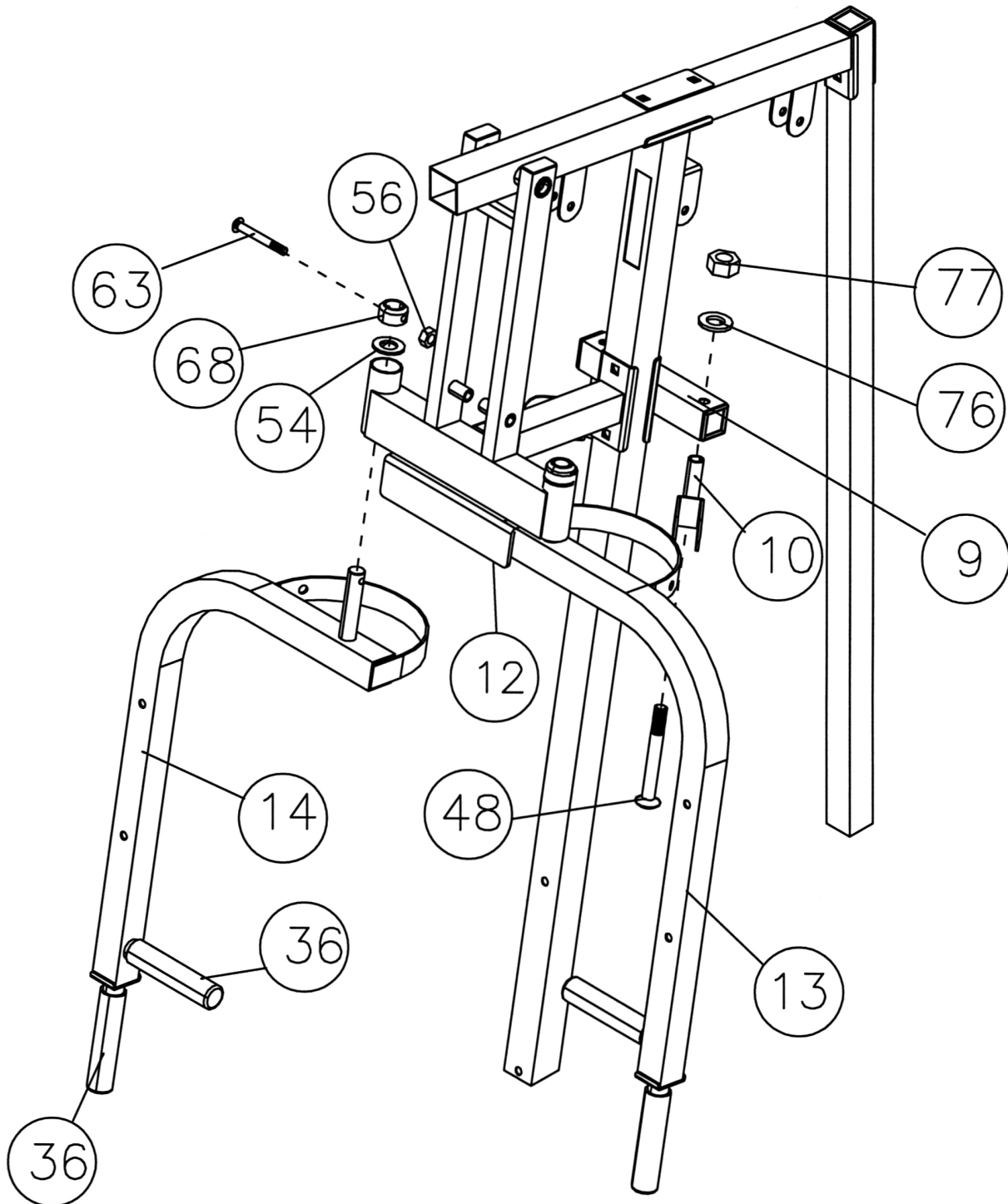
DIAGRAM 6



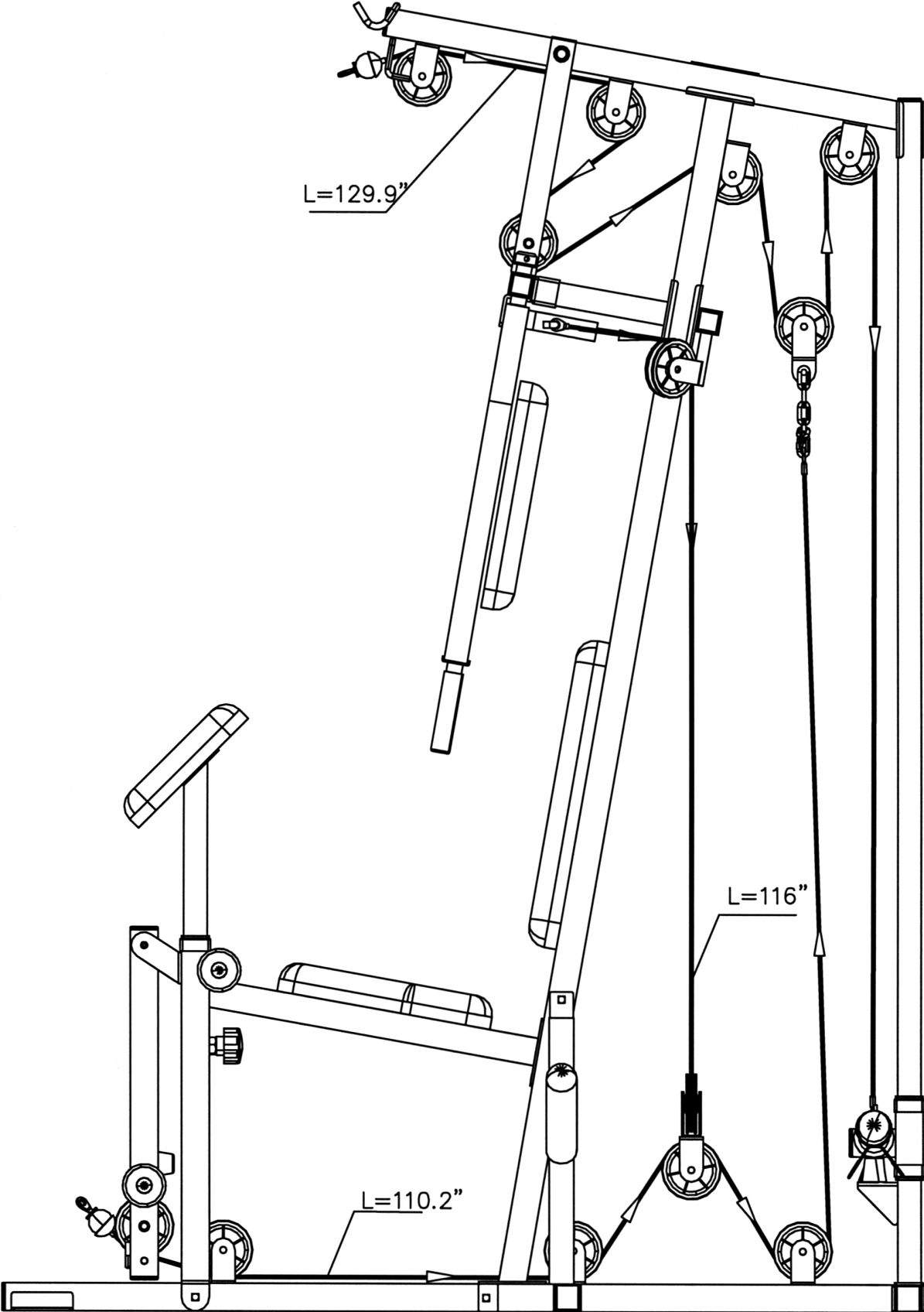
STEP 7 (See Diagram 7)

- A.) Insert the axle on the Right Butterfly Arm (#14) through the right pivot hole on the Front Press Base (#12). Slide a $\varnothing 1\frac{1}{2}$ " Washer (#54) and Ring Cap (#68) onto the axle. Secure the Cap with a M6 x 1 5/8" Hex Bolt (#63) and M6 Aircraft Nut (#56). Repeat the same procedure to install the Left Butterfly Arm (#13).
- B.) Attach a Butterfly Pulley Bracket (#10) to the left hole on the Butterfly Pulley Frame (#9). Secure it with one M12 x 5 3/4" Hex Bolt (#48), $\varnothing 1$ " Washer (#76), and M12 Aircraft Nut (#77). Repeat the same procedure to install the other side.

DIAGRAM 7



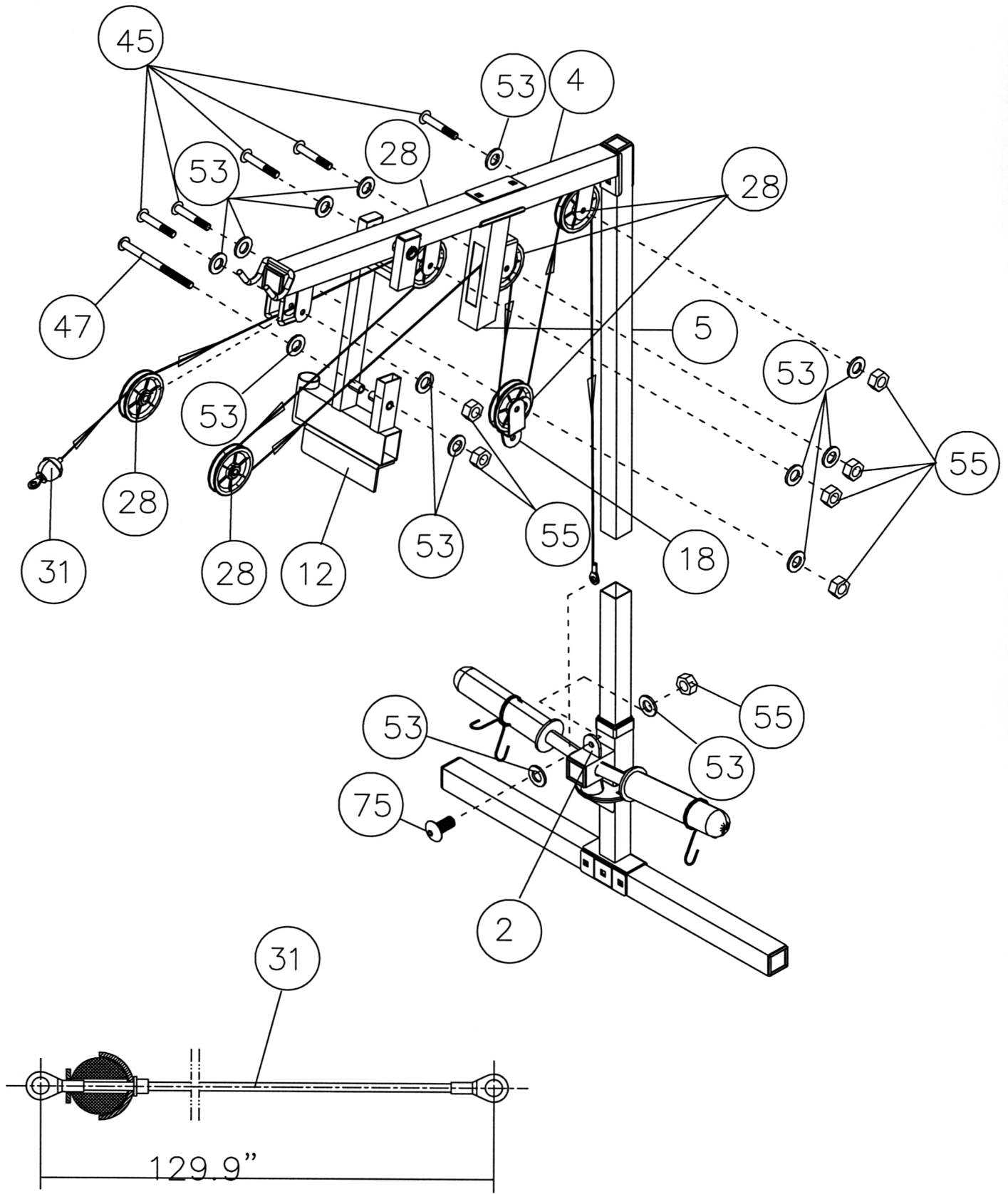
Cable Loop Diagram



STEP 8 (See Cable Loop Diagram & Diagram 8)

- A.) Attach the 129.9" Upper Cable (#31) to the open bracket in the front of Upper Frame (#4). Attach a Pulley (#28) to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#45), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55). Note: The Ball Stopper on the Cable must be underneath the Frame and above the Pulley.
- B.) Draw the Cable over the Pulley along the Upper Frame towards the back of the machine.
- C.) Attach a Pulley (#28) to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#45), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55).
- D.) Draw the Cable around the Pulley then downward to the open slot on the Front Press Base (#12). Attach a Pulley to the open slot. Secure it with one M10 x 5 1/8" Allen Bolt (#47), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55).
- E.) Draw the Cable around the Pulley then upward through the open slot on the Front Upper Vertical Frame (#5) to an open bracket. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable around the Pulley then pull downward. Attach the Cable to the Single Floating Pulley Bracket (#18). Repeat the Procedure C to install another Pulley. Let the Bracket hanging for now.
- G.) Draw the Cable around the Pulley then pull upward to the last open bracket on the back of the Upper Frame. Repeat Procedure C to install a Pulley.
- H.) Pull the Cable downward to the Weight Holder (#2). Secure the Cable to the Holder with one M10 x 1" Allen Bolt (#75), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55).

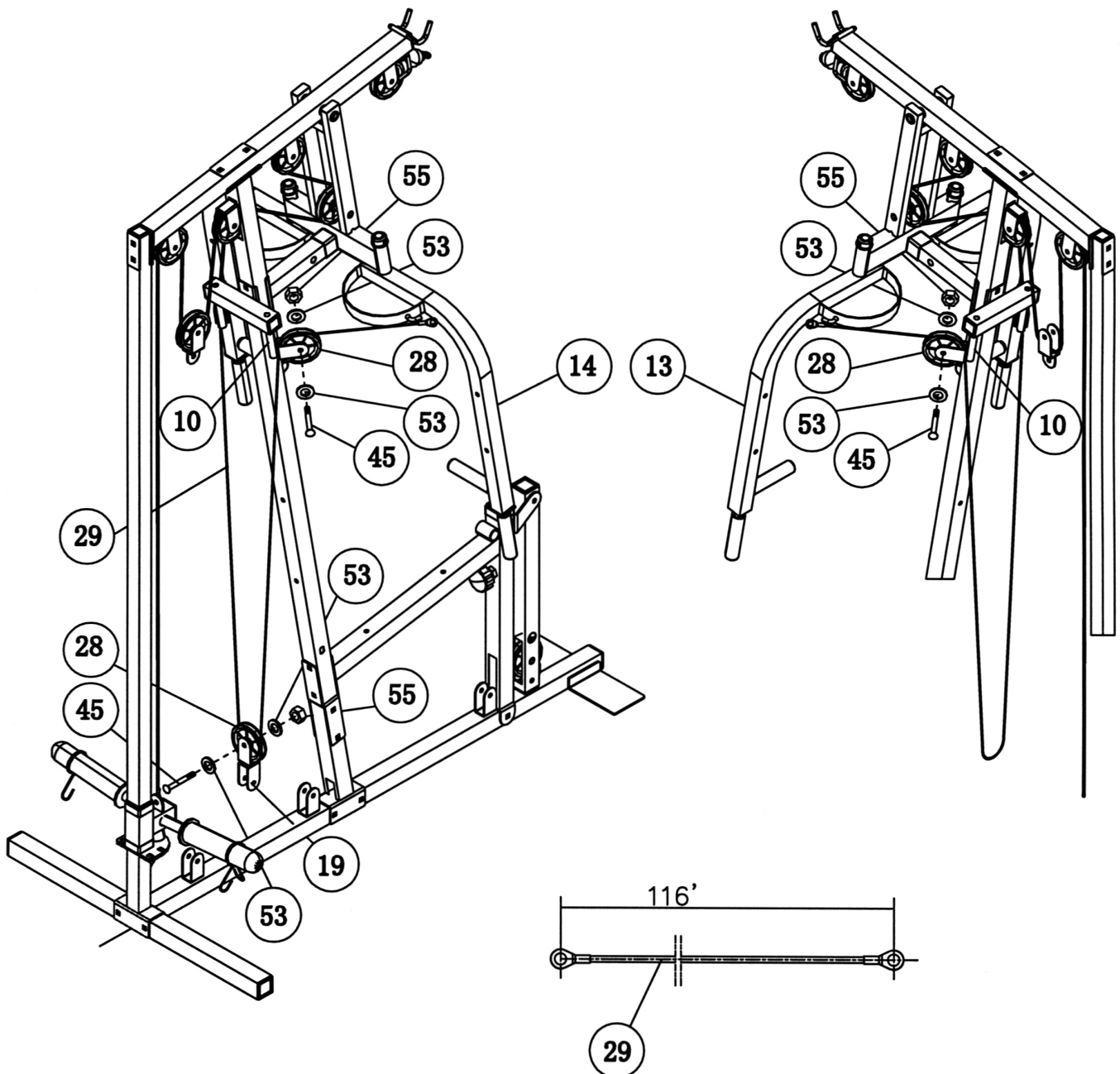
Diagram 8



STEP 9 (See Cable Loop Diagram & Diagram 9)

- A.) Attach one end of the 116" Butterfly Cable (#29) to the Hook on the Right Butterfly Arm (#14). Pull the Cable to the Butterfly Pulley Bracket (#10). Attach a Pulley (#28) to the Bracket (#10). Secure it with one M10 x 1 3/4" Allen Bolt (#45), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55).
- B.) Draw the Cable around the Pulley then downward. Attach a Pulley to the Cable. Then attach the Pulley to a Double Floating Pulley Bracket (#19). Secure the Pulley to the Bracket with one M10 x 1 3/4" Allen Bolt (#45), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#55). Let the Bracket hanging for now.
- C.) Draw the Cable underneath and around the Pulley then upward to the open Butterfly Pulley Bracket (#10) on the other side. Repeat Step A & B above to install the Cable.

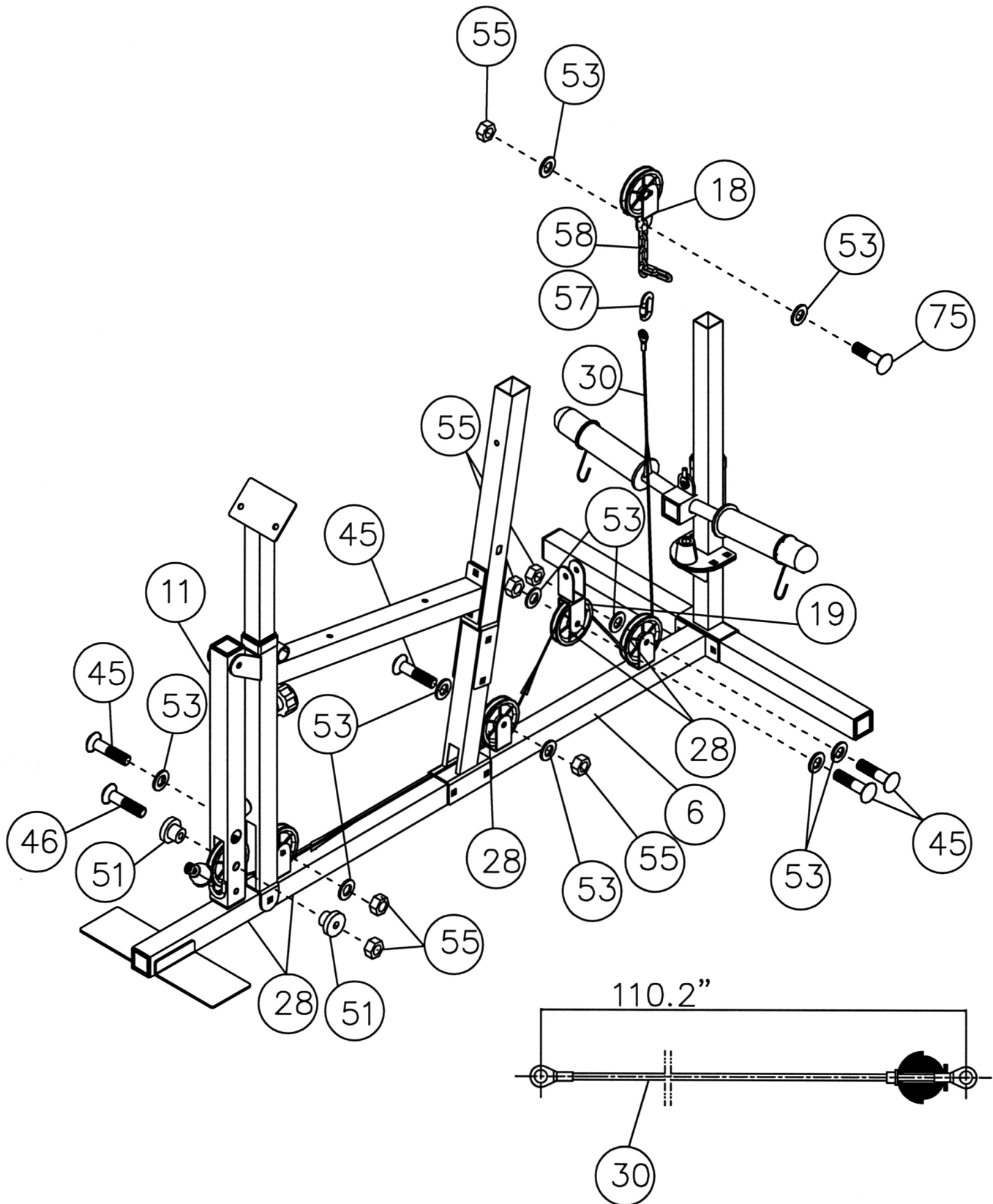
DIAGRAM 9



STEP 10 (See Cable Loop Diagram & Diagram 10)

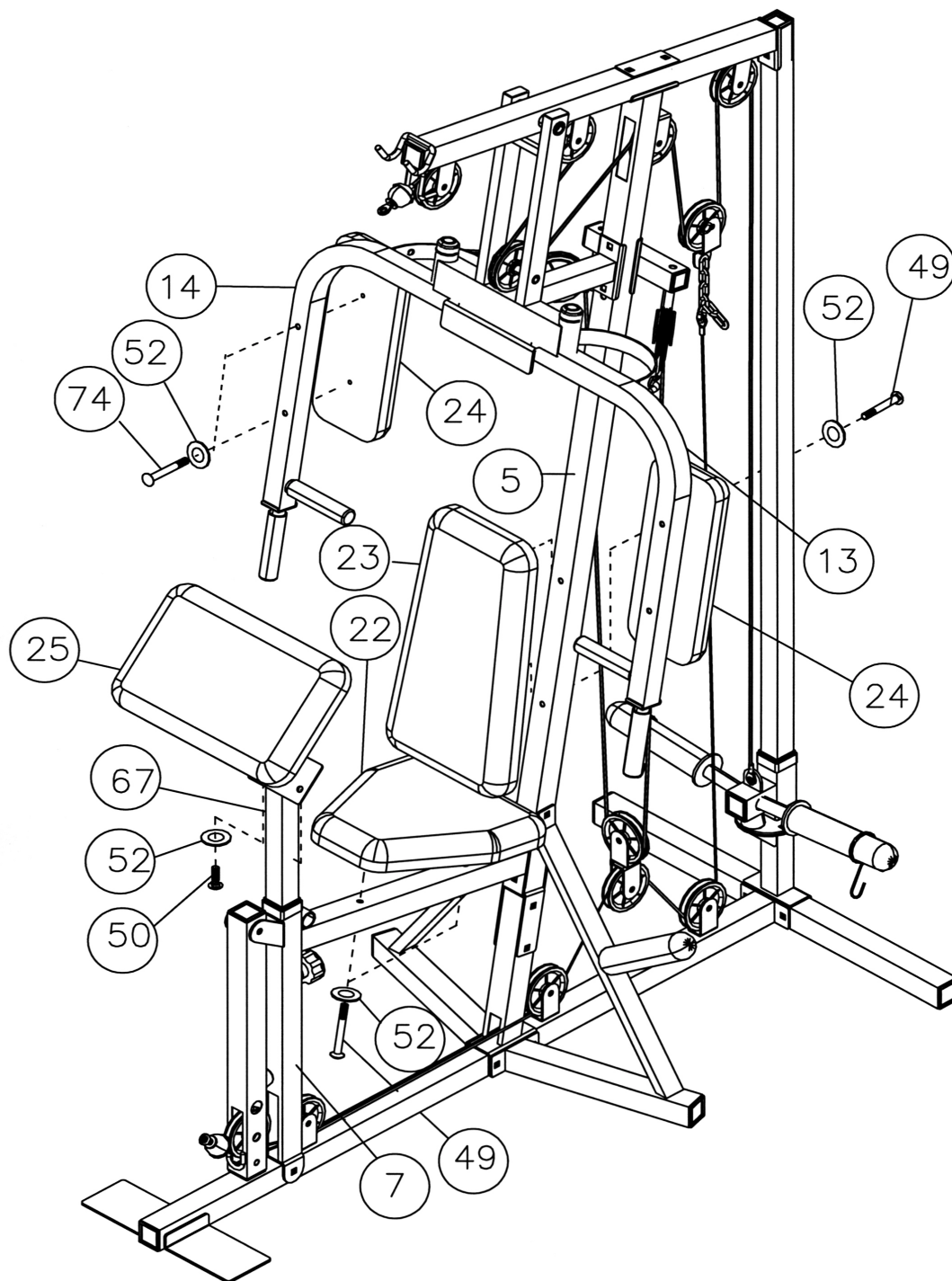
- A.) Insert the 110.2" Lower Cable (#30) through the opening on bottom of the Leg Developer (#11). Attach a Pulley (#28) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#46), two \varnothing 7/8" Pulley Bushings (#51), and one M10 Aircraft Nut (#55).
- B.) Draw the Cable underneath the Pulley and through the opening on the bottom of the Main Seat Support to the open bracket on the Main Base Frame (#6).
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#45), two \varnothing 3/4" Washers (#53), and one M10 Aircraft Nut (#55).
- D.) Pull the Cable towards the back of the machine through the bottom opening on the Front Lower Vertical Beam (#82) to the open bracket on the Main Base Frame (#6). Repeat the Procedure C to install a Pulley.
- E.) Draw the Cable underneath the Pulley then upward to the Double Floating Pulley Bracket (#19) previously installed. Repeat the Procedure C to install a Pulley to the open bracket.
- F.) Draw the Cable around the Pulley then downward to the last open bracket on the Main Base Frame. Repeat the Procedure C to install a Pulley.
- G.) Draw the Cable underneath the Pulley then pull upward to the Single Floating Pulley Bracket (#18) previously installed. Connect the Cable to the Short Chain (#58) with a C-clip (#57). Then connect the Chain to the Bracket with a M10 x 1" Allen Bolt (#75), two \varnothing 3/4" Washers (#53) and one M10 Aircraft Nut (#55).
- H.) Adjust the length of the Short Chain to adjust the tension of the Cables. If there is too much sag in the cables, shorten the Chain.

DIAGRAM 10



- A.) Attach a Butterfly Arm Pad (#24) to the Right Butterfly Arm (#14). Secure it with two M8 x 2" Allen Bolts (#74) and \varnothing 5/8" Washers (#52). Repeat the same procedure to install the other side.
- B.) Attach the Backrest Board (#23) to the Front Upper Vertical Frame (#5). Secure it with two M8 x 2 1/8" Allen Bolts (#49) and \varnothing 5/8" Washers (#52).
- C.) Attach the Seat Pad (#22) to the Main Seat Support (#7). Secure it with two M8 x 2 1/8" Allen Bolts (#49) and \varnothing 5/8" Washers (#52).
- D.) Attach the Arm Curl Pad (#25) to the Arm Curl Stand (#67). Secure it with two M8 x 5/8" Allen Bolts (#50) and \varnothing 5/8" Washers (#52).

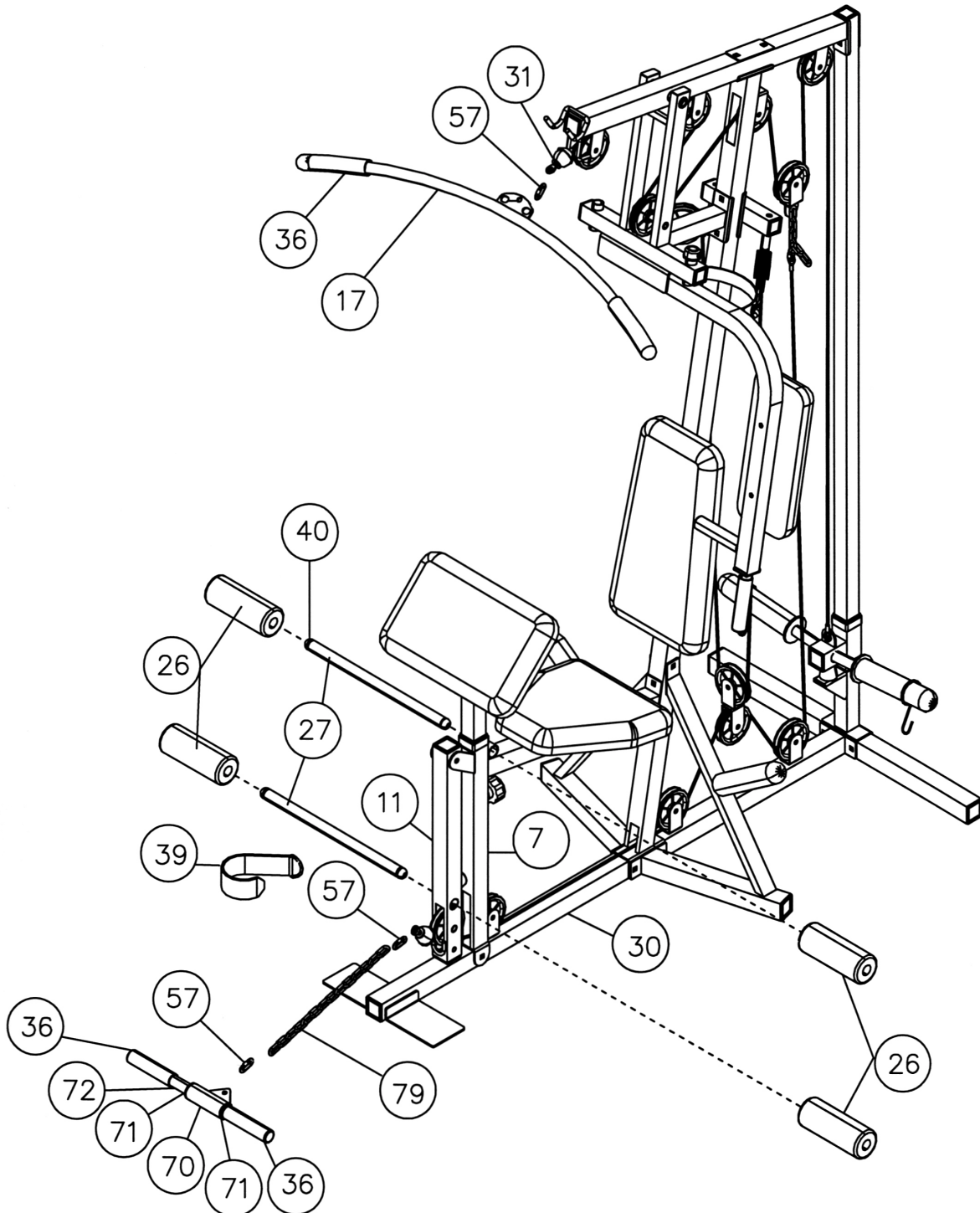
DIAGRAM 11



STEP 12 (See Diagram 12)

- A.) Insert two Foam Roll Tubes (#27) halfway through the holes on the Main Seat Support (#7) and Leg Developer (#11). Push four Foam Rolls (#26) onto the tubes.
- B.) Connect the Arm Curl Handle (#70) to the Lower Cable with two C-clips (#57) and one Long Chain (#79). Note: Remove the Arm Curl Handle and the Chain when using the Leg Developer.
- C.) Attach the Lat Bar to the Upper Cable with a C-clip.

DIAGRAM 12



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Rear Upper Vertical Beam	1	51	Ø 7/8" Pulley Bushing	2
2	Weight Holder	1	52	Ø 5/8" Washer	10
3	Rear Stabilizer	1	53	Ø 3/4" Washer	52
4	Upper Frame	1	54	Ø 1 1/2" Washer	2
5	Front Upper Vertical Beam	1	55	M10 Aircraft Nut	38
6	Main Base Frame	1	56	M6 Aircraft Nut	2
7	Main Seat Support	1	57	C-clip	4
8	Front Press Stopper	1	58	Short Chain	1
9	Butterfly Pulley Frame	1	59	Butterfly arm Bushing	2
10	Butterfly Pulley Bracket	2	60	5 7/8" Axle	1
11	Leg Developer	1	61	Ø 1" Bushing	6
12	Front Press Base	1	62	Ø 3/4" Bushing	2
13	Left Butterfly Arm	1	63	M6 x 1 5/8" Hex Bolt	2
14	Right Butterfly Arm	1	64	Ø 1" Axle Washer	2
15	Left Storage Post	1	65	Spring Clip	2
16	Right Storage Post	1	66	Lock Knob	1
17	Lat Bar	1	67	Arm Curl Stand	1
18	Single Floating Pulley Bracket	1	68	Ring Cap	2
19	Double Floating Pulley Bracket	1	69	Olympic Sleeve	4
20	Small Bracket	1	70	Arm Curl Handle	1
21	Bracket	1	71	Ø 1 1/2" Bushing	2
22	Seat Pad	1	72	Arm Curl Handle Tube	1
23	Backrest Board	1	73	M10 x 3" Carriage Bolt	2
24	Butterfly Arm Pad	2	74	M8 x 2" Allen Bolt	4
25	Arm Curl Pad	1	75	M10 x 1" Allen Bolt	2
26	Foam Roll	4	76	Ø 1" Washer	2
27	Foam Roll Tube	2	77	M12 Aircraft Nut	2
28	Pulley	14	78	1 3/4" Sliding Sleeve	3
29	116 " Butterfly Cable	1	79	Long Chain	1
30	110.2" Lower Cable	1	80	Lock Pin	1
31	129.9" Upper Cable	1	81	Rear Lower Vertical Frame	1
32	1 3/4" End Cap	9	82	Front Lower Vertical Frame	1
33	1 1/2" End Cap	3	83	M10 x 3/4" Carriage Bolt	4
34	1 3/4" End Cap	2	84	M10 x 2 3/4" Carriage Bolt	2
35	1 1/2" Stopper	1			
36	Handle Grip	8			
37	Manual	1			
38	Rubber Bumper	2			
39	Ankle Strap	1			
40	Ø1" Cone-shaped End Cap	4			
41	M6 x 5/8" Philips Screw	2			
42	M10 x 2 1/2" Carriage Bolt	10			
43	M10 x 2 3/8" Carriage Bolt	1			
44	M10 x 3" Allen Bolt	1			
45	M10 x 1 3/4" Allen Bolt	12			
46	M10 x 2 3/8" Allen Bolt	2			
47	M10 x 5 1/8" Allen Bolt	1			
48	M12 x 5 3/4" Hex Bolt	2			
49	M8 x 2 1/8" Allen Bolt	4			
50	M8 x 5/8" Allen Bolt	2			

WEIGHT RESISTANCE CHART

The following chart shows the approximate weight resistance ratio at each station. Weight resistance shows for the butterfly station is for each butterfly arm. The actual resistance at each station may vary due to friction and differences in each individual plate.

Weight Plate	Front Press	Butterfly Arm	Leg Developer	High Pulley	Low Pulley	Arm Curl
1	1:2.2	1:1	1:2.5	1:1	1:2	1:2

For example: If the weight plate is 10 pounds, the next chart shows each station's weight resistance.

Weight Plate	Front Press	Butterfly Arm	Leg Developer	High Pulley	Low Pulley	Arm Curl
10	22	10	25	10	20	20

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at www.impex-fitness.com**

**IMPEX INC.
14777 Don Julian
City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase